

Walk your way to a more active lifestyle!



Consistency is the key that unlocks the long-term health benefits of exercise. So how do you break the mold of being a weekend warrior, once-in-while jogger, or occasional yogi? New research points to an approach for increasing your fitness over the long haul, involving the most basic exercise form of all: walking. In the study, adults who completed a 12-week walking program that involved counting steps with a pedometer had more active lifestyles three or four years later compared with people who did not complete the program.

Spring is the perfect time to start a walking regimen or give your current routine a boost in length or intensity. For help with motivation and accountability, join a walking program in your community or find a committed exercise buddy and come up with a schedule. (Peer pressure can be a good thing!) Invest in a pedometer or a fitness tracker to measure your results and monitor your progress. Work up to 10,000 steps a day, most days of the week, and work in a couple of strength-training sessions, too.

Those feet are made for walking!